

Polecenie: Rozwiąż quiz i podlicz swoje odpowiedzi.

Za każdą odpowiedź a) dostajesz 1 punkt, za b) 2 punkty i za c) 3 punkty.

Zakreśl kółkiem właściwe wyrazy w opisach pod quizem.

1. Do you like sport?

- a) No, I don't.
- b) I don't know.
- c) Yes, I love sport!

2. How often do you do exercise?

- a) Never.
- b) Sometimes.
- c) Often.

3. How often do you eat fast food?

- a) 4 times a month or more
- b) 1-3 times a month
- c) Never.

4. What do you do in your free time?

- a) Play computer games or watch tv.
- b) Read a book or paint.
- c) Do sports or go for a walk.

5. Do you have lunch at school?

- a) No, I don't.
- b) Sometimes I do.
- c) Yes, always.

YOUR SCORE:

Results:

The highest number of a)

Your lifestyle is not very healthy. You should / shouldn't eat less fast food.

You should / shouldn't do more exercise!

The highest number of b)

Your lifestyle is not so unhealthy, but you should / shouldn't still do sports and you should

/ shouldn't have lunch at school.

The highest number of c)

Well done! Your lifestyle is very healthy - you can be proud! You should / shouldn't show

your friends what to do to be healthy, too!